

QuadMed

Registered Dietitian Nutritionists

Present

**QUICK AND
HEALTHY
LUNCH
RECIPES**

A VIRTUAL COOK ALONG



This cooking packet has quick, easy healthy recipes that won't break the budget.

The demo recipes are all lunches you can eat cold. You won't need access to a microwave or other heat source. These options will work well whatever your setting.



Cooking Demo Recipes

Superfood Grain Salad
Southwest Chicken Wrap
Protein Bento Box

Complementary Recipes

DIY Taco Seasoning
Creamy Avocado and White Bean Wrap
Grilled Chicken Caesar Salad Wrap
Turkey Club Wrap

Superfood Grain Salad



What you need: Measuring cups & spoons

Large bowl

Cutting knife & cutting board

Ingredients

2 cups cooked quinoa, cooled (follow package instructions)

2 cups shredded kale

1/2 cup crumbled feta cheese

1 large apple, chopped

1/2 cup whole raw almonds, coarsely chopped

Juice of 1 lemon

2 TBL olive oil

Salt & pepper to taste

Directions

In a large bowl, combine cooked, cooled quinoa, kale, feta, apples and almonds. Mix until thoroughly combined.

Drizzle lemon juice and olive oil over the salad. Toss to coat everything. Add salt and pepper to taste.

Salad can be served cold or warm. Leftovers stay fresh in an airtight container in the refrigerator, up to four days.

Variations

- Use different seasonal fruit of your choice (berries, pear, peach, etc.)
- Add precooked meat of your choice for more protein
- Try different nuts to change the flavor (walnuts, pecans, etc.)

Advanced Prep Suggestion

- Pre-cook quinoa up to 24 - 48 hours in advance so it's cool when you make the salad. (Quinoa takes 10-15 min to cook, similar to rice.)
- Be sure to remove all stalks, ribs and stems from the kale, leaving just the leaves. Massage leaves with olive oil and a pinch of salt to break down the tough texture and reduce its bitterness. You also can slightly warm the kale in a pan with olive oil and salt to make it more tender.
- Use slivered or sliced almonds from the baking section at the grocery store.

Nutrition Facts

Per serving: calories 314; total fat 23g; saturated fat 5g; monounsaturated fat 7g; polyunsaturated fat 2g; trans fat 0g; cholesterol 25mg; sodium 490mg; potassium 390mg; total carbohydrates 33g; dietary fiber 5g; sugars 8g; protein 12g; vitamin A 170%; vitamin C 53%; calcium 66%; iron 9%

Nutrition Tips

- Spinach can be substituted for the kale if preferred. Note: spinach is less durable and may wilt or become soggy.
- To reduce saturated fat, calories and sodium, reduce the feta to 1/2 or 1/3 cup.
- Brown rice can be substituted for quinoa if preferred.

Nutrient Spotlight

This recipe includes four superfoods. A superfood is a single food that contains a high concentration of vitamins, and minerals – much higher than an average food alone.

- Apples: High in polyphenols (plant compounds that protect your cells), fiber and vitamin C
- Quinoa (pronounced KEEN-waah): A whole grain, provides a good quality complete protein, high in fiber, contains resistant starch (to feed healthy gut bacteria) and a variety of minerals including folate, iron, magnesium and zinc
- Almonds: Rich in healthy plant-based fat, vitamin E and calcium
- Kale: High in vitamins A, C, K and B6; flavonoids and carotenoids (plant compounds that reduce inflammation and help prevent disease)

Southwest Chicken Wrap



What you need: Cutting knife & cutting board
Can opener

Colander or strainer
Measuring cups & spoons

Large & small mixing bowls
Spatula or mixing spoon

Ingredients

- 1 ½ cups cooked and shredded/diced chicken
- ½ cup frozen, no-salt added corn kernels, thawed or heated in microwave
- ½ cup canned, no-salt added black beans, drained and rinsed
- 2 cups coarsely chopped fresh spinach
- ½ red bell pepper, diced
- ½ cup shredded Monterey Jack cheese
- 1 ½ tsp sodium-free taco seasoning (complementary DIY recipe below)
- ½ cup salsa
- ½ cup plain Greek yogurt
- 4 burrito-size high-fiber tortillas

Directions

In a large bowl, toss the cooked chicken, drained black beans, freshly chopped spinach, bell pepper and shredded cheese together until they are well mixed.

In a smaller bowl, stir together the taco seasoning, salsa and yogurt. Add this combined dressing to the meat and veggie mixture. Toss until everything is thoroughly blended.

Divide the mixture into four equal parts and place a portion in the middle of one tortilla.

Roll the burrito, tucking in the sides, until completely rolled up. Repeat this process until all 4 wraps are tightly rolled.

Serve right away, or wrap the southwestern chicken wraps in plastic wrap and refrigerate for a grab and go meal.

Time Saver Suggestions:

- Use pre-cooked or leftover cooked chicken breast
- Make a batch of taco seasoning in advance and keep as a handy pantry staple

Nutrition Facts

Per serving: 288 calories; total fat 10g, saturated fat 4g, monounsaturated fat 1g, polyunsaturated fat 1g, trans fat 0g; cholesterol 53mg; sodium 191mg; potassium 457mg; total carbohydrates 24g, dietary fiber 11g, sugars 5g; protein 25g; vitamin A 129%; vitamin C 87%; calcium 20%; iron 9%

Nutrition Spotlight

- Black beans: High in calcium and phosphorus for bone strength; high in potassium and magnesium to help lower blood pressure; high in fiber and folate for heart health
- Spinach: Iron, calcium, magnesium to help control blood pressure, and plant compounds for eye health and reducing inflammation
- Red bell pepper: High in lycopene, vitamin A & vitamin C to boost your immune system
- Whole grain, high fiber wraps or low-carbohydrate wraps: Many tortillas or wraps contain added fiber in the form of wheat starch or wheat gluten. Some have up to 10 -15 grams of dietary fiber per wrap. That is 1/2 to 1/3 of your daily needs.

Protein Bento Box



What you need: Cutting knife & cutting board
Can opener

Measuring spoons
Cutting knife & cutting board

Ingredients

4 hard-boiled eggs
4 carrots, peeled and chopped
2-3 ribs celery, chopped
1 cup grapes
1 cup blueberries
4 ounces cheese, cubed
24 raw almonds

Tuna Salad

5 ounce can tuna in water, drained
2 TBL olive-oil based mayonnaise
2 TBL celery, finely chopped
Salt & pepper, to taste

Directions

Leave eggs whole or peel when cooled completely.
Stir together tuna salad ingredients. Divide between four containers or bento boxes.
Divide all other ingredients between four containers.
Store in the refrigerator up to four days.

Variations

- Change up the fruit and vegetables seasonally, or as often as possible. Think colors of the rainbow or a gorgeous sunset!
- Swap out a protein source or two: chicken chunks, cubed firm tofu, salmon, or a variety of nuts or seeds (pistachios, sunflower seeds, pumpkin seeds, etc.)

Advanced Prep/ Time Saver Suggestions

- Hard boil a batch of eggs ahead of time. They last up to 7 days in the fridge. You can also purchase already boiled and peeled eggs.
- Clean, chop and prep veggies and fruits ahead of time. Consider buying a fruit bowl or veggie platter for the week

Nutrition Facts

Per 1 snack box: 391 calories; total fat 23g, saturated fat 8g, monosaturated fat 5g, polyunsaturated fat 5g, trans fat 0g; cholesterol 235mg; sodium 722mg; potassium 675mg; total carbohydrate 25g, dietary fiber 6g, sugars 14g; protein 23g; vitamin A 1088%, vitamin C 13%, calcium 71%, iron 9%

Nutrition Tips

- Reduce saturated fat and sodium by substituting 1 ounce of unsalted/lightly salted nuts in place of 1 ounce of cheese cubes
- Use olive oil-based or avocado-based mayonnaise to reduce saturated fat

Shopping List

What you need:

Superfood Grain Salad

Produce

1 bunch kale
1 apple
1 lemon

Dairy

Crumbled feta cheese

Dry Grocery

Quinoa
Slivered almonds

Condiments

Olive oil

Spices/Herbs

Salt & black pepper

What you need:

Southwest Chicken Salad

Produce

Fresh spinach
1 red bell pepper

Dairy

Monterey Jack cheese, shredded
Plain Greek yogurt

Meat

Chicken breast

Frozen

Corn kernels no added salt

Dry grocery

Canned black beans no added salt
Burrito-size high-fiber tortillas

Condiments

Salsa

Spices/Herbs

Sodium-free taco seasoning

What you need:

Protein Bento Box

Produce

Carrots
Celery
Grapes
Blueberries

Dairy

Cubed cheese of your choice
Eggs

Canned/dry grocery

Canned tuna packed in water
Almonds or other unsalted/ lightly salted nuts

Condiments

Olive-oil based mayonnaise

Spices/Herbs

Salt & black pepper

Complementary Recipes:

DIY Taco Seasoning

Ingredients

- ½ tsp onion flakes
- ½ tsp oregano, dried
- 2 tsp black pepper, ground
- 2 TBL chili powder
- 1 tsp paprika
- ½ tsp red pepper flakes
- 1 TBL cumin, ground

Directions

Mix all ingredients together in a small bowl. Store in airtight container or spice jar. (Makes 5T total. Use 1.5 – 2 TBL per 1 pound of meat)



Creamy Avocado & White Bean Wrap

Ingredients

- 2 TBL cider vinegar
- 1 TBL canola oil
- 2 tsp finely chopped canned chipotle chili in adobo sauce
- ¼ tsp salt
- 2 cups shredded red cabbage
- 1 medium carrot, shredded
- ¼ cup fresh cilantro, chopped
- 1 15-ounce can white beans, rinsed
- 1 ripe avocado
- ½ cup shredded sharp cheddar cheese
- 2 TBL minced red onion
- 4 whole-wheat wraps or tortillas



Directions

Whisk vinegar, oil, chipotle chili and salt in a medium bowl. Add cabbage, carrot and cilantro. Toss to combine.

Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.

To assemble the wraps, spread about ½ cup of the bean-avocado mixture onto a wrap or tortilla and top with about 2/3 cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve.

Preparation Tips

Wrap your burrito in foil so you can pick it up and eat it without losing the filling, peeling back the foil as you go.

Nutrition Facts

Per 1 burrito: 346 calories; protein 11.8g; carbohydrates 44.2g; dietary fiber 12.6g; sugars 3.4g; fat 17g; saturated fat 4.2g; cholesterol 14.4mg; vitamin A 3219.6IU; vitamin C 26.5mg; folate 55.1mcg; calcium 134.7mg; iron 1.4mg; magnesium 52.5mg; potassium 487.8mg; sodium 465.1mg; thiamin 0.2mg

Grilled Chicken Caesar Salad Wrap

Ingredients

- 3 TBL lemon juice
- 2 TBL extra-virgin olive oil
- 2 TBL low-fat mayonnaise
- 1 clove garlic, minced
- ½ tsp freshly ground pepper
- 2 boneless, skinless chicken breasts (about 1 pound total), trimmed
- 1/8 tsp salt
- 2 small romaine hearts
- 1/3 cup finely shredded Parmesan cheese
- 4 spinach wraps, warmed



Directions

Preheat grill to medium-high.

Combine lemon juice, oil, mayonnaise, garlic and pepper in a large bowl.

Oil the grill rack. Sprinkle chicken with salt. Cut romaine in half lengthwise, leaving root ends intact. Grill the chicken until an instant-read thermometer inserted into the thickest part registers 165 degrees F, about 4-6 minutes per side. Two minutes before the chicken is done, place the romaine on the rack and grill, turning once or twice, until lightly charred and beginning to wilt, 2 to 3 minutes total.

Cut the chicken into bite-size pieces. Cut the root ends off the romaine, then chop the leaves. Add the chicken, lettuce and Parmesan to the bowl with the dressing. Toss until well combined. Fill each wrap with about 1 ½ cups of the salad and roll tightly closed.

Nutrition Facts

Per 1 wrap: 429 calories; protein 32.5g; carbohydrates 39.8g, dietary fiber 4.8g, sugars 2.6g; fat 16.1g, saturated fat 4.1g; cholesterol 69.3mg; vitamin A 6881.8IU; vitamin C 7.8mg; folate 112.3mcg; calcium 124.7mg; iron 1.6mg; magnesium 37.2mg; potassium 408.1mg; sodium 687.5mg; thiamin 0.1mg

Turkey Club Wrap

Ingredients

- ½ ripe avocado
- 1 tsp fresh lemon juice
- Dash of ground red pepper
- 1 small garlic clove, minced
- 2 low-carb, low-fat sandwich wraps 2 ounces each (such as California Lavash)
- 4 ounces organic lower-sodium deli turkey
- 4 ¼-inch slices tomato
- ½ cup thinly sliced red onion
- 1 cup shredded romaine lettuce
- 4 center-cut bacon slices, cooked



Directions

Scoop pulp from avocado. Place in a bowl. Add lemon juice, pepper and garlic. Mash with a fork to desired consistency.

Spread avocado mixture evenly over wraps. Layer 2 ounces turkey, 2 tomato slices, ¼ cup onion, ½ cup lettuce and two bacon slices on each wrap. Roll up and cut wraps in half. Secure with wooden picks. Serve immediately.

Nutrition Facts

Per serving: 178 calories; fat 7.5g, saturated fat 1.8g, mono fat 2.5g, poly fat 0.5g; protein 15.6g; carbohydrates 12.5g; fiber 6.4g; cholesterol 18mg; iron 1.3mg; sodium 592mg; calcium 114mg

Nutrition Highlights

Avocados are packed with vitamins B6, C, K and folate, and are also a great source of fiber and potassium

Interested in healthy food swaps? Check out the CDC's website for more information [click here](#).

